

# Move UR Hips N Don't Hold Back

COPPER KNOB  
BY STEPHENETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Rep Ghazali (SCO) - March 2009  
音乐: Muevelo - Los Super Reyes



**Intro: 64 count intro from heavy beat (39sec)**

## **(1-8) RUMBA BOX, BACK-BACK, COASTER STEP**

1&2      step Right to Right side, step Left together, step Right forward  
3&4      step Left to Left side, step Right together, step back Left  
5-6      sweep and step Right behind Left, sweep and step Left behind Right  
7&8      step back Right, step Left together, step forward Right (12)

## **(9-16) SHUFFLE FORWARD, STEP-¼ TURN-CROSS, BACK-TOUCH, HIPS BUMP**

1&2 s      tep forward Left, step Right together, step forward Left  
3&4      step forward Right, ¼ pivot Left, cross Right over Left (9)  
5-6      big step back on Left, slide Right toward Left and touch across Left  
7-8      with weight on Left hips bump forward and back

## **(17-24) SHUFFLE FORWARD, STEP-½ TURN-STEP, FORWARD MAMBO, BACK MAMBO TOUCH**

1&2      step forward Right, step Left together, step forward Right  
3&4      step forward Left, ½ pivot turn Right, step forward Left (3)  
5&6      rock forward Right, recover on Left, step back Right  
7&8      rock back Left, recover on Right, touch Left beside Right (3)

## **(25-32) SIDE ROCK-RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK- ¼ TURN FLICK, SHUFFLE FORWARD**

1-2      side rock Left to Left, recover on Right  
3&4      step Left behind Right, step Right to Right side, cross Left over Right  
5-6      rock Right to Right side, recover on Left making ¼ turn Left and flick back on Right (12)  
7&8      step forward Right, step Left together, step forward Right (12)

## **(33-40) FULL TURN, SHUFFLE FORWARD, ROCK FORWARD-RECOVER, ROCK-RECOVER-½ TURN**

1-2      ½ turn Right by stepping back Left, ½ turn Right by stepping forward Right  
3&4      step forward Left, step Right together, step forward Left  
5-6      rock forward Right, recover on Left  
7&8      rock forward Right, recover on Left, ½ turn Right by stepping forward Right (6)

## **(41-48) FORWARD MAMBO, BACK MAMBO TOUCH, CROSS-BACK, TWIST-TWIST-HOOK**

1&2 r      ock forward Left , recover on Right, step back Left  
3&4      rock back Right, recover on Left, touch Right together  
5-6      cross Right over Left, step back Left  
7&8      twist to Left on both feet, twist back to centre, hook up on Right (6)

## **(49-56) ½ TURN-HOOK, STEP-LOCK, LOCK-AND-LOCK, STEP- ½ PIVOT**

1-2      ½ turn Left by stepping back on Right, hook up on Left (12)  
3-4      step forward Left, lock Right behind Left  
5&6      step forward Left, lock Right behind Left, step forward Left  
7-8      step forward Right, ½ pivot turn Left (6)

## **(57-64) KICK BALL POINT, TOES SIDE SWITCHES, AND- HEEL FORWARD-AND-TOE BACK, HIPS ROLL**

1&2      kick forward on Right, step back Right, point Left to left side  
&3&4      step Left together, point Right to Right side, step Right together, point Left to Left

&5&6  
7-8

step Left together, touch Right heel forward, step Right together, touch Left toe back  
with weight on Right: hips roll for 2 count anticlockwise rotation (ending weight on Left) (6)

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